UNIT 3 Health & Medicine

Reading 1 Healthy Body Images

Healthy Body Images

The way (A) [that / how] you think about your own body is called your body image. (①) If you have a negative body image, it means you don't like your body. (②) And if you don't like your body, you probably don't like yourself. (③) Self-esteem is how (B) [much / many] you value yourself. (④) There are several ways to improve your body; however, they do not always result in higher self-esteem. (⑤) People with negative body images might benefit from plastic surgery, diet, or exercise. However, these methods are only successful when people use them (C) [correct / correctly].

1. Where is the best place to insert the sentence below?

<u>In this way, body image is connected to self-esteem.</u>

① ② ③ ④ ⑤

2. Which of the above (A), (B), and (C) pairs of brackets is grammatical?

	(A)	(B)	(C)
①	how	many	correctly
②	how	much	correct
③	how	much	correctly
④	that	many	correct
⑤	that	much	correctly

Plastic surgery is one way of changing your body that is tried by millions of people around the world each year. Many people with a negative body image think that a surgical procedure can solve their problems, but this is rarely realistic. The real reason for their negative body image may be largely (A) [physical / psychological]. Thus, plastic surgery alone probably won't help them, and they are (B) [satisfied / disappointed] afterward. Such people need to learn to (C) [appreciate / depreciate] everything about themselves, not just their _____.

3. Choose the correct words for (A), (B), and (C).

	(A)	(B)	(C)
①	psychological	satisfied	depreciate
②	psychological	disappointed	appreciate
③	psychological	disappointed	depreciate
④	physical	satisfied	appreciate
⑤	physical	disappointed	depreciate

4. Choose the word that best fits in the blank.

① intelligence
② tolerance
③ happiness
④ knowledge
⑤ appearance

People also try to improve their bodies by changing their diets. A good diet (A) [is consisted / consists] of the proper amounts of healthy foods. (①) If you make healthy eating a permanent part of your lifestyle, you can lose weight and feel better about yourself in the long term. (②) Unfortunately, many people are impatient; they have a negative body image and want to change their bodies immediately. (③) To lose weight, they simply stop (B) [to eat / eating] or eat very small amounts for a short period of time. (④) While crash dieting may help people lose weight temporarily, they often regain it after returning to their normal eating habits. (⑤) Gaining the weight back undermines their confidence and actually lowers their self-esteem further. Proper dieting can help people improve their body image, but crash dieting is (C) [either / both] unhealthy and ineffective.

5. Where is the best place to insert the sentence below?

<u>This is called crash dieting, and it is a mistake.</u>

① ② ③ ④ ⑤

6. Which of the above (A), (B), and (C) pairs of brackets is grammatical?

	(A)	(B)	(C)
①	consists	eating	either
②	consists	eating	both
③	is consisted	to eat	both
④	is consisted	eating	either
⑤	consists	to eat	both

A third way people change their bodies is through exercise. Being physically active can bring about a transformation in body shape, make people feel more energetic, and relieve stress. These are important because a mood change can change body image, too. (①) But too many people join health clubs and then quit after a few days or weeks because exercising is difficult. (②) Their muscles hurt, and they do not see immediate results, so they give up. (③) Exercise, like a proper diet, takes a long time to have a noticeable effect. (④) People who include regular exercise in their daily lives experience long-term benefits for both their appearance and their health. (⑤) Exercising for only a few days will not produce the desired effects.

7. Select the best position of the given sentence in the following passage to complete its context.

<u>As a result, they feel they have failed, which lowers their self-esteem even more.</u>

① ② ③ ④ ⑤

8. Which is most likely the topic of the paragraph that comes Before the given text?

① The reason people don't exercise
② The exercise of impatient people
③ Other ways to improve one's body image
④ The adverse effects of excessive dieting
⑤ Severe side effects of plastic surgery

Advertising and Self-Image

We have known for a long time that women are pressured by images in advertising. We see ① hundreds of ads every day. As a study by Dr. Jean Kilbourne points out, the women in TV ads are mostly tall, thin models. And in print ads and online, companies use Photoshop to make models ② appear even more "perfect." Although people claim to be unaffected by it, Dr. Kilbourne says that advertising affects all of us subconsciously.

Women frequently compare their bodies to those of others. Researchers have found that continually seeing beautiful bodies (A) [negatively / positively] ③ affects a woman's body image. In one study, some women were shown pictures of thin models, and other women were shown pictures of average and overweight models. In this survey, the "thin model" group said the models made them feel ④ insecure about their own attractiveness.

Lately, we have learned that men's body images are also affected by advertisements. In one study, one group of men were shown ads ⑤ featured sexy male models without shirts. Another group of men saw ads with men in business suits. The "shirtless male model" group felt depressed and (B) [less / more] dissatisfied with their appearance.

Women and men both feel pressure from advertisements. Unless companies begin to advertise products using realistic models, maybe people will feel (C) [more / less] secure about their own bodies.

9. Which of the underlined ①~⑤ is grammatically incorrect?

① ② ③ ④ ⑤

10. Which of the above pairs of brackets (A), (B), and (C) is the best suitable to the context?

	(A)	(B)	(C)
①	positively	less	less
②	positively	more	more
③	negatively	less	more
④	negatively	more	less
⑤	positively	more	less

Reading 2 Pollution in Our Bodies

Pollution in Our Bodies

Everyone knows about pollution in the environment.

(A) The water, air, and land are all polluted, which means that pollution is everywhere. Recently, scientists have been looking inside human beings to learn about body pollution.

(B) His body was so polluted that ⓐ [pure / impure] water was a poison to him! Perhaps that is only a story, but it reminds us to be careful about our bodies. We must find ways to ⓑ [maximize / minimize] the pollution we take in.

(C) In a science-fiction story by Ray Bradbury, a man found an ⓒ [polluted / unpolluted] river on a new planet. When he drank from the river, he died. Why?

11. Choose the correct words for (A), (B), and (C).

	ⓐ	ⓑ	ⓒ
①	impure	minimize	polluted
②	pure	maximize	polluted
③	impure	minimize	unpolluted
④	pure	maximize	unpolluted
⑤	pure	minimize	unpolluted

12. Which is the correct order of the given paragraphs?

① (A)-(C)-(B)
② (C)-(A)-(B)
③ (C)-(B)-(A)
④ (B)-(A)-(C)
⑤ (B)-(C)-(A)

In 2015, a team of Spanish scientists tested body tissue from nearly 300 adults.

(A) They measured the amount of certain pollutants in these tissues. The results of the study were worrying: the adults with the most pollutants in their bodies were more likely to be obese. They had higher levels of cholesterol, a major risk factor for heart disease, as well.

(B) Nonetheless, scientists are concerned because most of these substances were created by humans, and they did not exist eighty years ago. This proves that we have not only polluted the world—we have polluted _____. But how?

(C) Another study from 2003 found that people had an average of fifty-three cancer-causing chemicals in their bodies. They also had an average of sixty-two chemicals that can damage the brain and fifty-five that can harm babies in pregnant women. In many cases, the amounts of these chemicals were so small that they were probably not hurting people.

13. Which is the correct order of the paragraphs?

① (C)-(B)-(A)
② (B)-(C)-(A)
③ (C)-(A)-(B)
④ (B)-(A)-(C)
⑤ (A)-(C)-(B)

14. Choose the words that best fit in the blank.

① most of our crops
② most of the universe
③ our own bodies
④ our family members
⑤ the objects around us

_____ commonly enter our bodies through food, especially fish and meat. (①) Chemicals from the environment build up in the fat of animals, and then they enter our bodies when we consume those animals. (②) For example, many shampoos contain diethanolamine (DEA) and triethanolamine (TEA). (③) These chemicals may seep into the skin and then prevent the absorption of a helpful nutrient called choline. (④) Choline plays an important role in producing the brain's memory cells, especially in young people. (⑤) Researchers worry that when kids are washing their hair, they could be erasing their memories!

15. Where is the best place to insert the sentence below?

<u>But we also come into contact with harmful substances in products like soap and shampoo.</u>

① ② ③ ④ ⑤

16. Choose the word that best fits in the blank.

① Pollutants
② Nutrients
③ Viruses
④ Bacteria
⑤ Germs

Everyone knows they should brush their teeth regularly. _____(A)_____, at least one popular US toothpaste brand contains a substance called triclosan. Although more research is needed, a few studies show that triclosan harms growth in young animals and increases the risk of cancer.

Women are probably exposed to more chemicals than men because they use more beauty products. Harmful chemicals called phthalates have been found in nail polish, hairspray, deodorant, and perfume. Studies on animals show that phthalates can damage the liver, kidneys, and lungs. Cosmetic companies say that their products contain safe levels of phthalates, but public health groups disagree. They say women use so many products that the sum total is actually quite high. _____(B)_____, the more frequently women use these products, the more they could be harming their health.

17. Choose the correct words for (A) and (B).

	(A)	(B)
①	However	Therefore
②	After all	Actually
③	To be specific	In conclusion
④	So	Nevertheless
⑤	In other words	In the long run

18. Which is NOT true, according to the passage?

① It is a fact that everyone knows that you have to brush your teeth regularly.
② A well-known US brand toothpaste contains a substance that can increase the risk of cancer.
③ Men are not exposed to as many chemicals because they use less beauty products than women.
④ Phthalates have the potential to damage the lungs as well as the liver and kidneys.
⑤ No matter how much phthalate-containing cosmetics women use, they don't have to worry bout their health.

Title: _____

Chemicals in food are especially dangerous for children because their bodies are small and still developing. One way we can reduce the number of harmful chemicals our children consume is to feed them organic produce. Organic foods are grown without pesticides (used for killing insects and weeds), synthetic fertilizers, or other artificial chemicals.

The University of Washington conducted a study to compare children who eat non-organic fruits and vegetables and children who eat organic produce. They watched forty families for three days. Each family kept a diary of what foods their children ate. Then the doctors in the study analyzed the different chemicals found in the children's urine. The pesticide levels in children who ate non-organic produce were six to nine times higher than the levels found in kids with organic diets.

Organic foods cost more than non-organic ones because less of the crop is harvested. When farmers don't use pesticides, part of the crop is destroyed by insects and other threats. Also, farmers have to spend more time taking care of their crops by hand instead of using chemicals.

Still, organic foods benefit the environment by reducing the amount of poison in our soil, water, and bodies. Most people also say that organic foods have more flavor. Finally, people feel peace of mind when they eat organic produce. They can help save the environment and protect their children's health at the same time.

19. Which of the following is the most suitable title of the passage?

① Harmful Chemicals Contained in Pesticides
② Organic Vs. Non-organic: Which Has More Nutrients?
③ Why Organic Food Should Be Eaten
④ Hazardous Chemicals in Agricultural Products
⑤ The Effect of Pesticides on the Environment

20. Which of the following is the most suitable to fill in blanks from the summary?

Although organic food has a(n) _____(A)_____ of lower yields despite more effort in caring for crops, it is not only _____(B)_____ to the environment, but also better for children's health.

	(A)	(B)
①	advantage	beneficial
②	disadvantage	beneficial
③	advantage	harmful
④	disadvantage	harmful
⑤	edge	useful

Answer Key

1. ③

2. ⑤

3. ②

4. ⑤

5. ④

6. ②

7. ③

8. ③

9. ⑤

10. ④

11. ⑤

12. ①

13. ⑤

14. ③

15. ②

16. ①

17. ①

18. ⑤

19. ③

20. ②